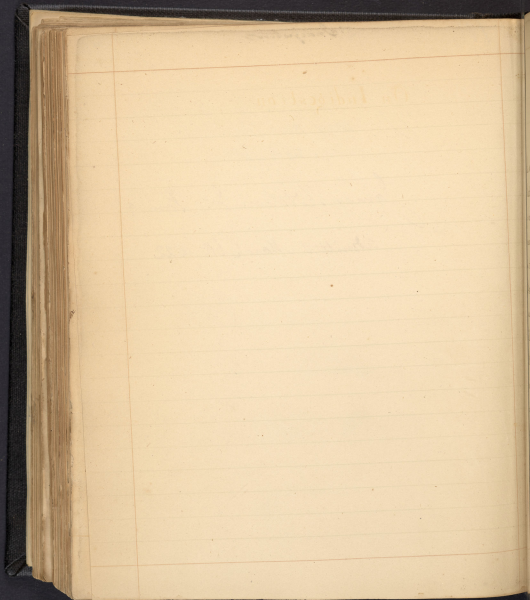


On Indigestion

In the primitive and earlier Ages of the World, when the Customs and Manners of Society were simple and accordant with Nature, the various Diseases, to which the Human Body is subject, were of rare occurrence, and more especially those of the Class under which the present one may be ranged, we mean those of the Digestive Organs. But in the progress of refinement and of comparative ease and indolence, when Art was superadded to Nature and Man became a Slave to his passions and desires, Diseases, with a slow but steady pace, invaded that Fabric, which was formerly the Model of Health, of Beauty, and of Stature. Among those various and complicated Affections, Indigestion may, with propriety be considered in an Inaugural Dissertation, on account of its frequent occurrence and of its obstinacy and difficulty of cure. This last is not only to be ascribed to the fault of the patient, but likewise to its locality in an Organ, which is the receptacle of most of the Nourishment of our bodies and which, from its connexion and sympathy, with every other part of the Animal System, exerts an unlimited and despotic sway.



The Symptoms

of Dyspepsia are the following.

Eructations; nausea; loss or deprivation of appetite; distension; debility; vomiting; painful or disagreeable sensations about the Epigastrium, such as burning, oppression as if a chord was tied around it; heartburn; sour or acid eructations; costiveness generally though sometimes looseness and at other times alternating, often attended with discoloured faces; flatulency; head ache; palms alternating with flushing; tongue with a white or brownish fur; languid countenance, particularly about the eyes, with discolouration of the inferior eyelid; rejection of a watery fluid from the stomach; torpor of the Muscular system; dyspnoea; disturbed sleep and frightful dreams; palpitations; convulsions; ringing or hisping in the ears; vertigo; dulness of vision, amounting sometimes to blindness; asthma, epilepsy.

Such are the numerous symptoms which take place, when the disease is permitted to arrive at any height, but they very rarely or never all take place in the same person nor at the same time. Sometimes there are no painful sensations whatever but merely an inability of the Stomach to retain the food which is swallowed

This is a subject which calls for considerable accuracy and discrimination, but which unfortunately has not elicited that research from the ablest part of the profession which it deservedly merits. It is considered by many as a disease of minor importance and which should be superseded by those, which, being more severe and acute in their attack, are supposed to be entitled to more attention. This we think, is an erroneous opinion. Chronic affections should demand the same share of attention, although not so immediately dangerous, as the Acute; for the latter either terminate favourably, or the patient is liberated from his sufferings by that Welcome Visitor, who, in the plenitude of health and enjoyment, is so much dreaded. But when Indigestion or any other lingering disease invades our frame, unless alleviated or cured, we drag out a life of listlessness, of misery and of wished for death. "There is no doubt but every man, will on reflection, consider the Disorders of the Digestive Organs to be of the first importance, and will perceive the propriety of diligently enquiring into their Nature, that we may know them when they exist and that our attempts to remedy them may be conducted on rational principles."*

* Abomethy, on the Constitutional Origin and Treatment of local Diseases.—

and ramification of the *Pas Vagus*. As a correct Anatomical examination of this Nerve would lead us into a digression too lengthy for the present Essay, we will merely relate, that emerging from the Cranium it passes on the side of the neck sending branches to the tongue, pharynx, larynx; passes into the cavity of the Thorax, sending branches to the Oesophagus, Lungs, Pericardium, Heart &c; it now passes through the diaphragm and is extensively distributed on the Stomach, after which it joins with the Sympathetic and helps to supply the Intestines, Liver, spleen, pancreas, kidneys and also unites in its course with the *Lumbosacral*. With such an extent of course and such a variety of connexion, with such an abundant distribution to the Stomach, we should not be at all surprised at many of those otherwise anomalous symptoms of Indigestion which we have related above. The contents of the Cranium, Thorax, Abdomen are all more or less liable to be affected and to exhibit that affection in some unnatural or deranged action. *Albion*, in his remarks on the Constitutional origin and treatment of local diseases, says, it may produce in the nervous system a diminution of the functions of the Brain, or a state of excitation causing delirium or the opposite state of imitation and pain; it may produce in the Muscular system, weakness, tremors, palsy or the contrary affections of

and particularly fatty, or any rich dish, whether of animal or other kind of food. This however should not be considered as a sign of true Dyspepsia, as merely of an Irritability of Stomach, since Dyspepsia when logically defined signifies Bad or difficult digestion but in this case Digestion is not permitted to commence. Such is the connexion of the Stomach with the different parts of the body, by the intervention of Nerves, and so powerful is the Sympathy maintained by means of these same nerves, that Dyspepsia rarely stands alone or is not accompanied by an affection of some distant Organ. The Intestines, the Liver, the Heart, the Lungs, the Brain, the different secretory organs, whose fluids aid in the process of digestion, are all more or less secondarily affected. The mind in some cases participates largely in the disturbance of the Stomach and we have the most frightful forebodings and occasionally stupor, sometimes amounting to lethargy.

A pain in the shoulder is a common symptom of a diseased Liver; this, we know, arises from the Phrenic nerve, which is spread upon the diaphragm and liver, having some lateral branches united to the Brachial plexus.

In the same manner, we may explain many of the symptoms which accompany Indigestion, from the course

In Stomachic Dyspepsia, on the other hand, it is the Stomach, which is to be primarily attacked, for it is in that organ in which the root of the disease is located and which must be eradicated before the derangement and unnatural motions of the general system will be changed for the easy and beautiful actions of the different Functions in a state of Health.

We have often heard it related, (how true it is not in our power to determine) that, when the Stomach is affected with Dyspepsia, no other disease of that organ can supervene. Hence a dyspeptic is free from the different affections, which invade the Body through the medium of the Stomach, such as fevers, eruptions of various kinds &c. If this be correct and which, from reason and analogy is not at all improbable, we possess another marked illustration of that law of the animal economy, pointed out by the illustrious Hunter, that "no two diseases can occupy an organ or the system at the same time" and it likewise points out to us the obstinacy and tenacity of the disease with which we have to contend, since it remains firm and immovable in the midst of an atmosphere, which those in health dare not approach with impunity,

spasms and convulsions; it may excite fever by disturbing the Sanguiferous system and cause various local diseases by the nervous irritation, which it produces. Affections of all those parts, which have a continuity of surface with the Stomach, as the throat, mouth, nose, lips, skin, eyes and ears, may be originally caused or aggravated by this complaint."

From the view of the intimate connexion which exists between these different parts of the same Machine, it is by no means an uncommon occurrence to find the Stomach secondarily affected or for Indigestion to be a Symptomatic affection.

Dyspepsia then, according to the view we have taken of it, may be divided into

Idiopathic and Symptomatic

distinguishable not only in theory but also in practice, in as much as in every chain of affections, under which the Animal System may be bound, it is the first link of the series we should burst asunder, when all the others will generally give way, unless they have become so rivetted or assimilated to the part by habit as to have caused some material alteration in it. It will therefore be necessary to cure first of all the affection, which has caused this general derangement of the system, when the others will for the most part easily yield.

it is prevented from performing its duty as when in a healthy state. The muscular fibres are affected and cannot make sufficiently forcible contractions, the Gastric liquor is vitiated and cannot exercise that peculiar power over the food, so essentially necessary to the production of healthy chyle and consequent nourishment; hence the cause of acid eructations, cardialgia and the other symptoms which have been described.

Cullen divides the causes into;

- I. Those which act directly and immediately upon the Stomach itself.
- II. Those which act upon the whole body or particular parts of it but in consequence of which the Stomach is chiefly or almost only affected.

Of the first kind are,

- I. Tea, coffee, tobacco, ardent spirits, opium, bitters, aromatics, putrids and acroats.
- II. The large and frequent drinking of warm water or warm watery liquids.
- III. Frequent surfeit or immoderate repletion of the Stomach.
- IV. Frequent vomiting, whether spontaneously occurring or excited by art.
- V. Frequent spitting or rejection of saliva.

Having thus pointed out as well as lay in our power the different Symptoms of Dyspepsia, its division into Idiopathic and Symptomatic, the method to be pursued as resulting from this division and made a few remarks on its Nature &c, we shall in the next place proceed to give an account of its various

Causes

which have an agency in the production of it.

Here, in the first place, it will be necessary to remark that we shall not follow the usual method of authors, who divide the causes into predisposing, occasional, remote, exciting, proximate &c. We shall simply enumerate them as causes, for the division mentioned above makes no difference as to the practice to be pursued and it tends to create confusion in our treatises which to a student should be carefully avoided, for Medicine is a Science, in the Elementary part of which there should be no Metaphysical distinctions but every part should be made as clear and as simple as the nature of the subject will permit. What is generally called the Proximate Cause viz debility of the Stomach, we believe to be the Disease itself, that is, the derangement of the Stomach, called Dyspepsia, consists in a debility of that Organ, by which

D^r Ross says, that whenever the secretion of the Bile is diminished, the functions of the Stomach and the process of Digestion are deranged. He ascribes the absence of bile in the stomach to be the great cause of Indigestion - To support which he quotes Breukhaave's Academical lectures, who says, the Bile even seems to be one principal cause of hunger, for gluttonous men and rapacious animals, have been found to have the Ductus Choledochus, open into the stomach.

At page 55, he says, the bile of other animals was long ago exhibited as an auxiliary, to Digestion.

Vesalius relates that he found the ductus Choledochus open into the stomach of a convict noted for his voracious appetite.

The fish digest easily, and with great rapidity, because the termination in the duodenum of the Ductus Choledochus being near the pylorus, the bile flows easily into the stomach and is always found there.

Richards Physiology.

We merely mention the above facts as curious and deserving of attention not wishing to lay any stress upon them.

Strong tea and strong Coffee are a very frequent cause of Dyspepsia, or likewise is the unlimited use of tobacco, though we occasionally meet with persons who have used all these articles

Of the Second kind are

- i. Inactive and sedentary life.
- ii. Vexation of mind and disorderly passions of any kind.
- iii. Intense study or close application to business too long continued.*
- iv. Excess in Venery.
- v. Frequent intoxication, which partly belongs to this head and partly to the other.†
- vi. Being much exposed to moist and cold air when without exercise.

X* Intense study "says Lefort in his advice to the people" follow literary men as the shadow does the Body.

Literary employment immediately after a full meal is objectionable; hence the motto, "plenus ventris, non studeat Libenter" deserves to be remembered.

Rees on the Stomach, page 116.

- † The comparative unhealthy appearance of the Aborigines of our Country, in the vicinity of Settlements, should in a great measure be attributed to this source, as they are known to be passionately fond of spirituous liquors.

will not shun them and act according to the dictates of Common Sense. They are all pretty nearly on a par as regards the Senses, and especially those of eating and drinking. The Gouty, will indulge himself in savoury food, high seasoned dishes and different kinds of wine; so likewise will the Dyspeptic gormandise and swallow those substances, which are poisons to his debilitated and sickly stomach.

It brings home to my recollection a story, which I read sometime since, of an Elderly Gentleman, who was much afflicted with inflammation of his eyes, but who relished his food so much as to be unable to diet himself. His physician, with great earnestness and gravity, told him, that if he persisted in that course he would most assuredly lose his eye sight. His reply was "I have seen long enough, but I have not yet eaten long enough".

in abundance during the longest life, without the least injurious effect arising from them; but this is no rule, since all constitutions and all stomachs are not alike, for what to one is food and nourishment, to another may be extremely deleterious.

Much exposure to foul and vitiated air is, we believe, another cause of the disease of which we are treating, not causing the disease by its primary action on the lungs and then communicated to the stomach but by its primary action on that latter organ, in the same manner as a diarrhoea is sometimes produced by a temporary exposure to it. Many persons are nauseated in walking the Wards of the Alms House, which, perhaps, if long enough continued, would evolve a true case of Dyspepsia.

Cold extremities are very fruitful sources of this Malady, more so perhaps than is generally supposed, and should be most carefully guarded against by those, who are so unfortunate as to have a weak stomach.

The above are the most frequent and evident causes of the disease, which constitutes the subject of our thesis, but frequent and evident as they are, it is a melancholy fact that Man kind

condition, which must necessarily have collected in that organ since the commencement of the disease and which must be removed in order to do away the disease and that the remedies which are to follow, may be presented with a surface, upon which their due and appropriate influence may be exerted. But this is not all which our Emetic performs; it detaches to the surface and occasions a soft, pliable and healthy skin for one which was harsh and dry. This is a very important indication and which in every disease should be steadily kept in view and especially in the one now before us; because, there exists such an intimate connexion between the skin and the stomach, that it is almost impossible for the latter to regain its native vigour, while the former is in an unhealthy and languishing condition. Spacacantha is, we believe, the article which is generally employed and which has received the sanction of practitioners - a small portion of Tartarized Antimony would perhaps render it more efficacious, since it possesses a more intimate relation with the skin. It likewise increases the various secretions; such as the gastric and pancreatic juices, the biliary fluid and excites energy in the digestive apparatus; as these secretions contribute to the progress of digestion, one great benefit of it may be attributed to the increase

Treatment

We have now arrived at that division of our subject, in which it will be necessary to speak of the remedies, employed for the cure of this disease or as it is generally termed the Treatment. This, in the present affection, is rather a difficult task, both on account of the viscus which is affected and of the diversity of symptoms which the disease assumes in its course, requiring great discrimination and judgment in the practitioner to be able to time his remedies to the indications, as they successively evolve themselves.

We shall however, give the treatment for the generality of cases or for those, which have the most common of the symptoms described, leaving it to the skill and penetration of the physician to suggest remedies for those uncommon and sometimes anomalous symptoms which occasionally take place. "Though a variety of remedies are justly recommended as Stomachics, general treatment must be attended to, in order to give efficacy to their virtues" *Acus. p. 12.*

Emetics.

In the first place then, we generally commence by exhibiting an Emetic; this, in Dyspepsia, is a very important remedy, and is indicated by the nausea, fullness, oppression &c which is often very troublesome; it acts by cleansing the stomach of the

and one well suited to the generality of cases, by the Sulphur which enters into the combination, which has a peculiar relation to the skin, that surface of the body is corrected and directed into its natural action and by the Magnesia the remaining ingredient of the compound, any offending acid, which may exist, is immediately absorbed and carried off, thereby giving free access to other remedies. Combinations, of Rhubarb and Calomel; rhubarb and magnesia and rhubarb or calomel or magnesia alone are spoken of, and which, in different cases, may exert a beneficial influence. We will often have to try first one and then the other until we obtain one, which we consider appropriate to the case.

If we have any reason to believe the Liver or Intestines, to be much diseased, we should undoubtedly, make use of Calomel, and in divided doses until it has produced a decisive effect; it is a revolutionizing remedy and one which in most of the bowel affections is of infinite importance and which should not be overlooked. Combinations of Aloes with Calomel are we believe recommended in these cases by Ferriar.

Abernethy recommends 5 grains of Rhubarb, one hour before dinner, with a view of exciting secretions into the

of these fluids. After the Emetic,

Purgatives

are the next remedies in order. These are indicated by the costiveness and consequent accumulation of feces and also by the discoloured evacuations, when looseness prevails. They revolutionize the surface, upon which their influence is exerted and act as pioneers for the approach of other means of attack.

What purgative should be employed in the case before us?

This is a Question, to which Physicians will not render the same answer.

To what can this diversity of opinion be attributed? It must be owing to, the prejudices of the Physician, his misconceived theoretical opinions and consequent false practical deductions or to the diversified aspects and appearances which the disease assumes in the hands of different practitioners. It is most probably to be ascribed to its Proteus nature, requiring different articles as it exhibits different forms.

The Professor of the Practice of Physic, prefers the Lac Sulphuris and elBagnesia. This we have no doubt is an excellent preparation

practitioners preferring the vegetable, some the mineral and others a combination of both. Here we repeat what we have already said, when speaking of Purgatives; that, we believe, this difference of opinion and practice to arise from Idiosyncrasy in different constitutions and also to the nature of Dyspepsia, being so extremely variable, that remedies, which are favourable for one case are by no means so for another; this being the case, we will often have to make a trial of the several preparations before we obtain one which will answer every purpose. Fortunately however, some one of them will generally be found well suited to the disease, which should make us persevere in the use of those remedies, which Almighty, Goodness has placed in our hands.

The various Tonics derived from the Vegetable Kingdom, such as the Peruvian Bark, Hops, Quassia, Colombo, Chamomile and most of the bitter herbs have been used with various success. They may be exhibited in powder, decoction, infusion, or tincture; the infusion, when cold, is generally preferred; but in those cases in which there is a considerable debility, with a weak feeble pulse, we should give the

Stomach and preparing it for the office of Digestion; 5 grains of the Pill; hydragyri occasionally, if there is a deficient secretion of bile which must be ascertained from an inspection of the patient's stools, with a draught composed of the following ingredients and in the following proportions

Dose of Comp. Inf. Gentian. ʒi

Inf. of Senna ʒss

Comp. Dec. of Cardamom ʒi

to be taken twice during the day, with a view of obviating costiveness and imparting strength to the bowels.

After we have by some of the foregoing articles completely cleansed the Stomach and Alimentary Canal of its accumulated and irritating contents, the next Indication of cure is, to strengthen these debilitated and relaxed surfaces and this is to be done by that Class of articles, which by Writers on the Materia Medica are styled

Tonics

Tonics are then the third class of substantives, which we employ to remove the disease and here as in the second class a considerable diversity of opinion prevails, some

3 or 4 times a day.

During the exhibition of the foregoing remedies, we should be particularly careful to keep the bowels in a soluble condition by other remedies. Rhubarb is an excellent article to effect this, because it combines with its purgative property, one exceedingly well suited to the case before us, viz, that of a tonic. 5 grains, every morning fasting, will often answer, to which some bitter as Columbo, Gentian &c may be added or chewing it during the day. Upon the whole however, we believe the laxative Mineral Waters in small quantities at a time to be most serviceable and then, such as the Cheltenham, Looe, &c. &c. can now be obtained in any Apothecary's shop in Philad^a. Where these however, cannot be obtained, Artificial Mineral waters may be easily produced. A very good one is a preparation of Potash and Iron, to which Magnesia may be added.

Take of. Sulphate of Magnesia \mathfrak{z} i

Sulphate of Iron grs x

Water \mathfrak{z} viij -

Some Magnesia may be added, according as there is or is not acidity prevailing. This, taken in proper quantities, will keep the

preference to the tincture made with Wine and particularly Port, which itself is both a stimulant and tonic. Serravallo's is another of the vegetable tonics and one which is light and aromatic and well suited to many cases of Dyspepsia.

The different Mineral tonics are likewise useful either alone or in combination with other tonics and in the form of the several Chalybeate Wines. There several preparations may be seen in the Dispensatory, but there are two formulae given to us by Professor Chapman, which we shall mention; having no doubt of their efficacy.

Take of. Rust of Iron ℥ijss

Gentian and orange peel each ℥jss

Port Wine ℔ij

put the mixture in a bottle and suffer it to stand in the Sun or before the fire, 2 or 3 days, shaking it frequently during that time, when it is to be decanted for use. Dose $\frac{1}{2}$ a wine glass full 3 or 4 times a day.

Take of. Sulphate of Iron ℥i

Gum Arabic, sufficient to unite it into a mass divide the whole into 30 pills - 2 or 3 of which may be given

which would help to impart tone to the system and occasionally in
Emetics would be of service.

It is our opinion however, that Clysters are
very much neglected in Practice. We think, that the English and
American Physicians are far, very far behind the French in this
mode of managing diseases; they do not make sufficient use of
Clysters. It most probably arises, from false delicacy, and in many
cases, no doubt, from the prejudices of the patient and his friends.
But this should, by no means, deter the Practitioner from prescribing
them in those cases, in which he conceived they would be of benefit,
nor from using the whole weight of his authority, in the execution
of his commands. We think, that, in many cases of Dyspepsia,
they would be of decisive service, and particularly when the stomach
is much disordered; for, by them, a sufficiency of stools might be
procured without irritation to the stomach or intestines immediately
connected with it, since our purgatives, in particular cases, often
stimulate and irritate the stomach so much as to produce vomiting,
or materially to interfere with those other articles, which are
essentially necessary to the subjugation and eradication of the
disease.

bowels soluble and also by its tonic property, produce a favourable effect.

X We have repeatedly mentioned the existence of acidity, in many cases. When this takes place, the Absorbents, such as Magnesia dissolved in Milk or in Seltzer or Soda water; dried Sub carbonate of Soda to the extent of 1 or 2 scruples during the day in powder or made into pills with soap and aromatics; Lime water exhibited in Milk, a tablespoonfull of each;

Take of Calced Magnesia ℥i

Water of Ammonia ℥ss

Water ℥vi

a tablespoonfull occasionally.

X The above will generally counteract any prevailing acidity or prevent it from arising to any height. But it is not in every case of Indigestion, that acidity prevails. We often meet with patients, in whose Stomachs an Acrimony exists, arising from a slight putrefactive process in the Ingesta. In such cases, the Absorbents would not be of such material benefit. The stomach should be stimulated; Brandy, and Water, Wine &c should be used. Stimulating purgatives, as Gamboge, the bitter purgatives also,

Diet

Liquids. The stomach is sometimes so much involved in disease, that it cannot digest any kind of liquids, if taken in any quantity, turning sour almost as soon as swallowed. In such cases, they should be given, only in very small quantities at a time; such as a tablespoonfull at long intervals. Milk is, by far, the best liquid that can be given. It will often remain on a stomach, which other articles would immediately nauseate and cause to vomit. A little lime water, added to it, will frequently be of very considerable service; particularly, if the stomach be irritable, or if there be a superabundance of acids; for, in the first case, it will tranquilize it and make it easy, and in the second, it will absorb and neutralize the acid and prevent those disagreeable sensations, which, in this disease, too frequently, arise from its undue presence and in both cases, will afford a healthy and natural nourishment.

Dyspepsias will be met with in some Constitutions, in which it will be impossible to persist in the employment of Milk as an article of diet. In such cases, we have recourse to some other article, as weak Black tea, weak Blant and water, or Port wine and water or whey with the addition of a little wine, if the system be languid.

In closing this part of our subject, we cannot help transcribing a passage of "Faithorn on Liver Complaints", it being applicable to what we have related. He says, "In laying down the treatment of any disease, general principles alone can be communicated; in every case certain variations occur, which require judgment, experience and application observation in their application; an exact line of proceeding cannot therefore be founded, suited to each constitution and habit; hence the discretion of every practitioner, must have much to work on".

Having, in the foregoing pages, given, to the best of our abilities, the Medical Management of Dyspepsia, we now come to speak of, those articles of food, which have been selected and appropriated by practitioners for the nourishment of the patient, during the existence of the disease in question, and here we should particularly bear in mind a remark, made by Dr Fordyce, "that, no food is in itself wholesome or unwholesome, but as it is compared with the present state of the Stomach and other organs of Digestion".

This division of our subject is denominated,

sauses, which the ingenuity of Man has invented to satiate his appetite and gratify his senses; they must be entirely dispensed with and the pure, natural and nourishing juices, which exude from the flesh, must be substituted in their places. Boiled fish will agree with most persons.

Vegetables, for the most part, are inadmissible, on account of the acid, which they contain and on account of their difficult digestion, easily running into the fermentative process, thereby producing acid eructations and flatulence. Good mashed potatoes well boiled or better roasted are, we believe, the only vegetables allowed and even these sometimes do not accord with the case. Rice, boiled dry will occasionally answer well but it is, in general cases, of too binding a nature.

Of the Farinaceous articles, good sweet Wheat bread is the best; it should be however, at least twenty four hours old. Warm bread, warm rolls or any kind of Cakes should be religiously obtained from; they are death to a weak and disordered Stomach. Biscuits agree well with most persons and are a proper article of diet, so also is Musk with milk or molasses, being digestible and tending to keep the bowels in a soluble

X Wine and water or Brandy and water is excellent for common drink; they brace the stomach and promote digestion; a little should be taken immediately, after eating.

Coffee and Green teas are inadmissible in this disease; they should be particularly avoided by the Dyspeptic, for it is impossible to cure the disease so long as they persist in the use of them. Muck and Milk is very good.

Solids.

Of the Animal Solids, Beef is generally considered the best. The external roasted part should be dispensed with and the raw, half cooked portions should be selected. They are of much more easy digestion and contain none of the fat, greasy juice which is extremely prejudicial to a weak stomach. The wild Fowl and wild Quadrupeds are good, and particularly Venison. This last is, upon the whole we think, the very best article of food in this disease; the flesh is light, tender and of easy digestion and full of nourishing juice, properties which recommend it to us very strongly and which should tend very much to make us adopt it in preference to other articles. Mutton, Chickens, birds &c are very good; but in every case, they should be slightly cooked and should be accompanied by none of those gravies and

disease, to wake the patient several times during the night, that he may take a little food. This advice however, appears to us to be erroneous, in as much as it is contrary to Nature and also to Custom which is justly considered a second Nature. It seems to accord more with reason and analogy, that the Stomach during the night should find rest, as well as many other of our daily organs. If this appears to be necessary in its healthy condition, then surely it must be doubly so in its crippled and diseased state under which it now labours.

We found this belief, on the writings of many distinguished physicians relative to digestion. It is affirmed by them and indeed every one's experience will tell him the same, that digestion is materially impaired during the night; hence the reason why suppers are so injurious. Dyspepsia, as we have before stated, signifies Imperfect Digestion; if then, the stomach in its healthy condition, when perfect digestion takes place, is unable to manage or digest food during the night, upon what ground do we order food during that period for a stomach, whose powers of digestion are so impaired, that even during the day it is impossible for it to exert a due influence and assimilate the several articles of

condition. Puddings and Pasty in every form must be discarded. Custards, Jellies &c may be used but in very moderate quantities. Fruits, Nuts &c are inadmissible, being acceut and indigestible.

The patient should eat a little at a time but frequently. This first remark should be particularly attended to; the stomach should not be overloaded nor should the patient eat until his appetite is satisfied, for occasionally the desire for food is extreme, the appetite being voracious, so that it is not proper to graduate the quantity of food, necessary to be taken, by it; for if, in one of such cases, the appetite were to be satisfied, immense quantities of food would be swallowed, the stomach would be overloaded and an insuperable barrier would be presented to its recovery; hence, we perceive the justness of the remark, "eat a little at a time".

We do not however coincide so fully with the second part of the observation, that the patient should eat frequently, so that his stomach may be always engaged. We are strongly inclined to believe that intervals of repose should be allowed it, in order that it may recruit its remaining energy and strength, during which no food should be given. It is generally advised by writers on this

Exercise

The patient should resort to some Mineral Spring, such as Saratoga, Ballston or Bedford in this State or to the Sea shore and avail himself of the strengthening and refreshing effects of the Sea Bathing and Sea Air.

Exercise is of considerable importance; it should be graduated by the strength of the patient; when it becomes fatiguing, it does more harm than good; it then exhausts instead of invigorating the system. The patient in taking exercise should always have some object in view. He should be engaged about his ordinary occupations: visiting Friends; or what is far preferable, he should be taking a long journey through the Country. The change of scenery, the change of air, the occupation of his mind, the movement of the different parts of his Body, the company of a cheerful friend will all tend to exhilarate his Mind & communicate to his Body its original healthy state. Wonderful indeed are the cures, which have been recorded in Medical histories, by proper and duly regulated exercise and change of air and scenery.

It may be taken on Foot; or on Horseback, which was the Great Gydenham's favourite mode; or in any

food taken into it.

We have dwelt on this point, because it is of considerable importance and has not commanded that attention, which it deserves; for, the due regulation and proper administration of nourishment is, of as much importance and even sometimes of more, than the medicines we employ, to combat and supplant this disagreeable affection.

With these remarks, we finish the consideration of diet, the most important part of the treatment in many cases. With the remedies, mentioned above and a strict and religious observance of diet, we can generally succeed in curing the affection of the Stomach, unless it arises from some organic structural disease, out of the reach and power of Medicine. We have said generally, because cases will occasionally occur, which will baffle the treatment of the most eminent and skilful practitioners. Even here however, we have still another and last resort and one, which our wide extended and highly favoured Land, abounding with Mineral Springs in the Interior and washed by the Billows of the Ocean on the Exterior, will afford to every one; we mean Country, Air and Country,

11

Indigestion

#10

Dr. Phyllis

On Indigestion
1899-2014
October 20th 1921

James Kitchen Jr. Penna.

admitted March 6th 1822

convenient vehicle. The valuable and benevolent life of the
Celebrated Dr. Garrie of Liverpool was preserved, after all the
symptoms of a confirmed pulmonary consumption had appeared,
by taking exercise in a Carriage through various districts of
Country.

Cloathing

Cloathing should likewise be
strictly attended to. Flannel should be worn next to the skin
and the feet, in particular, should be kept in a comfortable
condition; they should be shielded from the dampness and
moisture of the ground.

James Kitchen Jun^r

